



中國國際茶文化研究會文庫

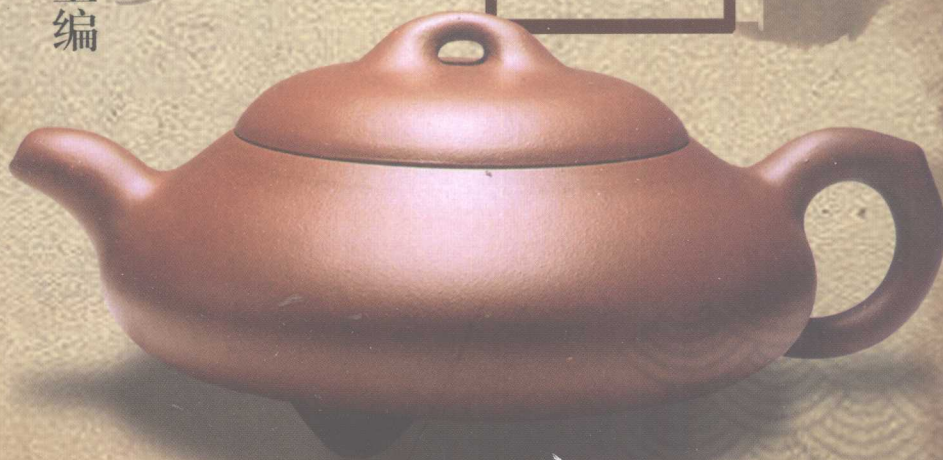
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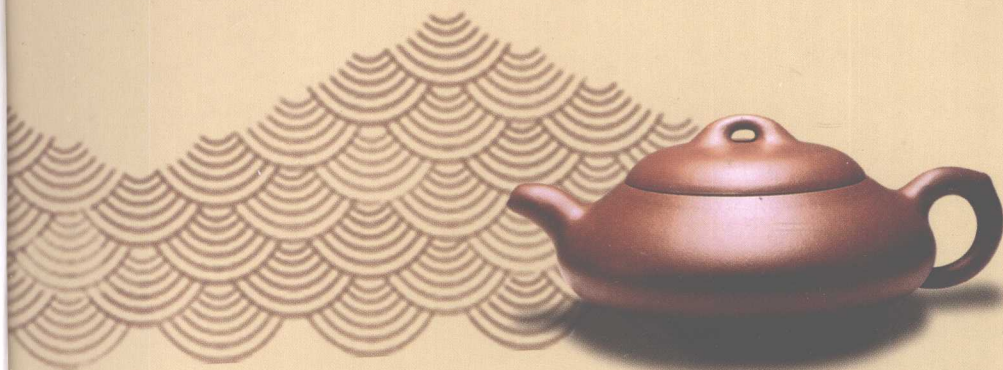
圖說中國茶文化

上 冊

姚國坤
主編



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圖說中國茶文化

TUSHUO ZHONGGUO CHAWENHUA

上 冊

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中国国际茶文化研究会会长刘枫题词 / Inscription of Liu Feng, president of China International Tea Culture Institute.

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/ Panorama of China International Tea Culture Institute.







中国国际茶文化研究会
/ China International Tea Culture Institute.



倡导“茶为国饮” (代前言)

中国国际茶文化研究会会长 刘 枫

历史车轮驶入了新世纪，全球范围对茶的重新认识，带来了中国茶的全新机遇。而在我们推进全面建设小康社会、构建和谐社会的进程中，倡导茶为国饮，让茶在服务人类健康、弘扬民族文化、实现中华民族伟大复兴中发挥独特作用，更是一个重要的课题。

综观中国千百年历史，茶一直得到我国先贤们的称颂。孙中山先生在他的《建国方略》之二“实业计划”中就指出“就茶而言，是最合卫生，最优美之人类饮料”，从此提倡茶为国饮的呼声叠潮不断。但今天我们再倡导茶为国饮，完全是在一个全新的背景下，用一个全新的视角来重新认识茶的内涵和价值。

Preface: “Tea as a national drink”

(Liu Feng, President of China International Tea Culture Institute)

While historical wheel strives into a new century, tea is given a new cognition by the world. This brings Chinese tea industry a new chance. In the course of comprehensive construction of a well-off and harmonious society, it is an important task to call for tea as a national drink, improve mankind's health, carry forward Chinese culture, and revive Chinese nation.

Looking at Chinese history of thousands years, tea has always been Praised by our sages. In the second part of *Nation-building Strategy*, Dr. Sun Yat-sen pointed out that tea is the most health, the most beautiful of human drinks. Since then, there were constant voice of promoting tea as a national drink. But today we advocate tea as a national drink again is in a new context, with a new perspective to a new awareness of the meaning and value of tea.

1. 茶与民生



几千年的种茶史，几千年的饮茶史，造就了茶在中国民生中的特殊地位。如果从茶“发乎神农氏”算起，5000年的漫长历史，茶已深深地融入中国人的生活。“开门七件事，柴米油盐酱醋茶”。在过去，淡茶粗饭就是一种民生底线，茶在中国已真正成为人们生养作息不可或缺的一种东西。如今，茶作为种植面积首屈一指的重要经济作物，其健康发展，成了许多地方提高农民收入，解决三农问题的重要途径。在目前经济全球化的背景之下，中国茶也面临着一个全新的机遇。作为世界三大饮品之一，茶的需求得到前所未有的提升。据有关数字统计，世界茶叶总产量自1984年以来增加了43%，其中绿茶的比重上升得更大。这几年中国全年出口的茶叶都在50万吨以上。

茶与民生之紧密远不止这些。茶早已走出了单纯农作物的范畴，成为横贯一二三产的庞大产业链。茶的种植、茶的加工姑且不论，仅就三产而言也是亮点频呈，茶馆业的迅猛发展、茶旅游的不断开发和相关文化产业的崭露头角，方兴未艾，势头强劲。比如，遍布全国大小城镇的茶馆茶楼少说也有五六万家，且常常茶客满座；又比如许多地方开发的茶园游，既可论斤称两买茶，又可赋诗吟唱喝茶；既可挎篮提筐采茶，又可围炉面锅炒茶。这种全新的茶叶业态，昭示了中国茶在新世纪的开发，前景广阔，生机无限。

我们可以看到，随着人们生活水平的提高，恩格尔系数的下降，茶在开门七件事中的“排

1. It is specific significantion for promoting healthy livelihood to call for "tea as a national drink".

With thousands years of tea planting and tea drinking history, tea possesses a special position in Chinese livelihood, and has deeply melted into Chinese daily life. There is a Chinese saying that "seven things begin a day, there are firewood, rice, cooking oil, salt, soy sauce, vinegar and tea". In the past, the simple diet is the base line of livelihood. As economic crop with the largest planting area, tea now becomes an important approach to raise farmers' revenue and to solve "three agro-problems" in many districts. Under present background of economic globalization, China got a new opportunity for tea industry. As one of three most popular non-alcohol drinks, the demand of tea is enlarged greatly. According to relevant statistics, since 1984, world's tea production has increased by 43%, in which the proportion of green tea has increased greater. In recent years china's annual export of tea in more than 500,000 tons.

The close relationship between tea and livelihood includes much more contents. Tea has been not only a crop, but also participated both in the first industry, the second industry and the third industry. Tea planting industry, tea manufacture industry and tea house industry have got great developed, tea tour and other relative culture industry is making a figure. Chinese tea is now facing a bright and vital foreground in the new century.

位”不断提高，展示了茶在新世纪的民生中，扮演着越来越重要的角色。近几年，中国茶更是带着她与生俱来的“绿色、健康”走向世界，为越来越多不同肤色、不同国籍的人们所钟爱。饮茶，在某种程度上代表着一种新世纪的健康生活方式。“茶为万病之药”。随着科学发展，茶的保健药用功能得到不断印证和拓展。茶以其养生健体的特殊功效，在世界饮料中独树一帜。不吸烟少饮酒多喝茶，成为世界公认的一种优良生活习惯。对茶的开发，已超出饮食本身的范畴，而与现代医学、生物学更紧密地结合在一起了。

提倡茶为国饮，有助于我们用现代的眼光来深化茶经济，造福种茶人和饮茶人，催动古老茶业的复兴，丰富我们的民生。更重要的是，茶契合了二十一世纪人们生活的发展潮流，提倡茶为国饮，对促进健康向上的新民生有特殊的意义。

2. 茶与文明



中国茶的神奇魅力，不仅在于其事关民生，更在于其凝聚了中华民族的文化精华。正如有人所概括的：茶是一种生活的享受，健康的良药，友谊的纽带，文明的象征。

千百年来，无论是“山野村夫”，还是“文人骚客”，虽然他们饮茶方式不同，感悟茶的真谛不一，但最终是殊途同归，都有意无意的在茶的滋养下，浸淫出“廉、美、和、敬”的中华茶文化。茶在中国，不仅是一种饮品，更是一种修养之道。以茶寄情，以茶会友，陶冶情操，修身养性，饮茶不仅“润喉”，更能“涤心”，这是中国茶独特的文化内涵之处。不论

As rising of people's living standard, the order of tea in the rank of "seven things of livelihood" is raised. It shows more and more important role of tea in livelihood in new century. Tea drink, in certain degree, means a healthy life style in new century. Chinese tea is now striding to the world with its inherent green and healthy concepts. Now tea is more and more loved by people from different nations and of different colours. The exploitation of tea has gone beyond beverage itself, but has also closely combined with modern medicine and biology, and enriches our livelihood.

Advocating "tea as a national drink" helps us with a modern vision to deepen the economic, benefit people who plant tea and drink tea, push the old tea industry forward and enrich our lives. More importantly, tea fits the 21st century to the development trend of people's lives.

2. Calling for "tea as a national drink" is an important roll booster for the socialist spiritual civilization.

The charm of Chinese tea also comes from the soul of Chinese traditional culture condensed in tea. Tea is not only a beverage, but also a health-keeping way and a life style. Expressing emotion through tea, meeting friends with tea, purifying sentiment with tea, improving physical and spiritual condition with tea, tea can not only "wet one's whistle", but also "wash one's soul". With its special culture meaning, while having a cup of tea, you also chose the concepts of "honest and

是谁，当你选择了“清茶一杯”，你事实上就是选择了与“廉、美、和、敬”的一次亲近。很少有其他的東西，能像茶这样既有强烈的文化指向，又具有高度认同的全民性和普及性。茶，是中国文化传统和弘扬的一个很好载体，这个载体也应当而且完全可以与时俱进，不断丰富其内涵，扩大其外延。

提倡茶为国饮，有助于培养清廉之风，节俭之习，清明之气。如果让茶宴替代酒宴，让清茶一杯代替觥筹交错，让情真的茶话代替那些没有多少实际内容的冗长报告，那必将带来清廉节俭，风正气刚；贴近群众，务实为民。

可以这样说，中国茶集解渴、健身、怡情、社交、修政于一体的文化内涵，不但传统，而且先进。因此提倡茶为国饮，是社会主义精神文明建设的一个重要助推器。

3. 茶与和谐



千百年来，中国茶的发展与“和谐”二字密不可分。

陆羽在《茶经》中曾这样论述茶中之“和”：煮茶的风炉是“金”，放在地上的是“土”，烧的木炭是“木”，燃烧是“火”，茶汤是“水”，认为煮茶的过程就是金木水火土相生相克达到和谐平衡的过程。这种朴素的五行调和当属中国的古老哲学，但在茶与社会发展的关系中，中国茶及其茶文化，却包含着浓郁的人与自然，人与社会的融洽之道，处处倡导着和谐精神。

clean; beauty; peace; respect". There are very few other things have so much points of culture and at same time be identified with the whole nation. Tea, not only traditional, but also advanced, becomes a very good medium to carry forward the Chinese traditional culture. This medium is enriching and extending continually.

It is helpful for incorruptionness and thrift to call for "tea as a national drink". If tea party can substitute for wine banquet and let a cup of clean tea display wine drinking, let veritable tea party display lengthy and empty speech, it will must close to the mass and promote the style of incorruptibility and justness.

3. Calling for "tea as a national drink" is good for spiritualization and promoting social harmonious.

For thousand years the development of Chinese tea business is close related with harmonious. There are such discussion in Lu Yu's *The Classic of Tea* (the first book about tea in the world): the stove for tea cooking is classed as "Jin" (means metal), the ground that put tea and tea sets are "Tu" (means soil), the charcoal that cooking tea is "Mu" (means wood), the burning of charcoal is called "Huo" (means fire), the tea infusion belongs to "Shui" (means water). The process of tea cooking is just a course of reaching harmonious for "Jin", "Mu", "Shui", "Huo" and "Tu". According to this ancient Chinese philosophy of "Wu Xing", in Chinese tea and tea culture, people

人与自然的和谐相处,是构建和谐社会的目标之一,也是中国茶及茶文化历来所倡导的。自然是茶之根,从“云雾高山”到“绿色有机”,作为新世纪的健康生活方式象征,茶及其代表的生活理念,都离不开与大自然的结合,敬畏自然,回归自然,中国茶所推导的“天人合一”,就是保持人与自然间的平衡,达到人与自然的和谐相处。

中国茶及茶文化所倡导的人与人、人与社会的融洽和睦,又是构建和谐社会的重要内容。虽然中国茶道对“廉、美、和、敬”的阐释不一,但都包含了这样的文化内涵:在人与人之间,倡导重视友情,沟通思想,和睦相处;在人与社会之间,推崇诚信处世,化解矛盾,团结共进。所以,著名茶学家陈香白教授曾这样说:“在所有汉字中,再也找不到一个比‘和’更能突出‘中国茶道’内核、涵盖中国茶文化精神的字眼了。”

“和”就是天和、地和、人和。在当今的社会转型期,社会原有关系趋于失衡,人际关系趋于紧张。而在我们构建和谐社会的进程中,茶应该能发挥特殊的作用。作为一个生活与文化结合的载体,茶无所不在,又有着被最大多数人所共识的文化价值。通过对茶文化的弘扬,以茶行道,净化社会风气,促进社会和谐,这应该成为当前中国茶的一项使命。

4. 茶与世界



在中国与世界的文明交流中,茶一直扮演了亲善大使的角色。据推测,中国茶叶传播到国外,已有二千多年的历史。中国茶向世界的传播有过几次高潮,十七、十八世纪,当著名

should always harmonize to the nature and the society. The harmonious spirit exists everywhere of Chinese tea and tea culture.

One of the aims of harmonious society is the harmonious between people and nature, this is just Chinese tea and tea culture advocated. The nature is the base of tea, from “the mist surrounding high mountain” to the concept of “green and organic”, as a symbol of healthy life style in new century, tea and its represented idea call for regressing to and harmonizing with nature.

Another important content for the construction of harmonious society is the harmonizing between people and society and also people to people. This is just Chinese tea and tea culture want to promote. Although different tea ceremony in Chinese has its different explanation, they all advocate that people treat each other kindly and peacefully, give emphasis on friendship, exchange ideas each other, and live with each other in earnest.

“He” (means harmony) means coexisting peacefully with heaven, ground and people. In the course of harmonious society construction tea will play a special role.

4. Calling for “tea as a national drink” can promote the international intercommunication and accelerate the friendship between countries.

In the civilization intercommunication between China and other countries, tea always plays a

的英国东印度公司开始大规模经销中国茶时，饮茶在英国成为一种高雅的行为，而今更造磅礴之势。现在，全世界有50多个国家引种了中国的茶，有150多个国家和地区的人民有饮茶习俗。寻根溯源，世界各国最初所饮的茶叶，引植的茶种，以及饮茶方法、栽培技术、加工工艺、茶事礼俗等，都是直接或间接地从中国传播过去的。在漫长的历史进程中，世界许多国家认识中国是从茶和瓷器开始的。中国作为茶的发祥地，茶是当之无愧的中国之饮。

当然，提倡茶为国饮，并不是要吃历史的老本，而是要看到在目前文化交融与文化冲突的交错中，茶可能起到的特殊作用。经济全球化，社会信息化，带来东西方文化的相互交流和激荡。现在各地开设的咖啡馆、西式快餐店，就是这种西风东渐的外在表现。而茶和茶文化，则包含了从历史到文化，从东方哲学到品德，是我们民族思想中的重要部分。茶既能传承民族文化精华，也是我们与世界各国进行文化交流的桥梁。

茶在许多国家成了东方文明的一种象征。茶所代表的和平共处、崇尚自然的东方文明，启发着人们对人类新发展观的思考。这也是近几年源于中国、兴于亚洲的茶，在全世界的传播愈演愈烈的重要原因。不同的文化，带来的不应该是冲突，而是交融。当中国茶成了世界的“Tea”时，茶作为国饮，也成了一种很好的东西方文化交流载体。正如2002年在马来西亚吉隆坡举行的第七届国际茶文化节上，马来西亚首相马哈迪尔所说的那样：“如果有什么东西可以促进人与人之间的关系的话，那便是茶，茶味香馥，意境悠远，象征中庸和平。在今天这个文明与文明互动的世界里，人类需要对话和交流，茶是最好的中介。”

role of amicability. It was supposed that there have been more than 2000 years history for China tea spreading abroad. Now, there are more than 50 countries in the world introduced tea plant from Chinese, and people in more than 150 countries and districts have tea drinking habit.

The globalization of economy and the informalization of society bring the intercommunication and confliction between oriental culture and western culture. Tea culture is an important component of our traditional culture, including our history, culture, orient philosophy and moral character. Tea not only inherits the soul of the national culture, but also becomes a bridge for culture intercommunication between each nation of the world.

Tea has become a symbol of oriental culture in many countries, and represents a spirit of peaceful coexistence and nature-uphold, it suggests us to consider a new developing viewpoint of mankind. Chinese tea has become the world tea, and is also a good medium for the intercommunication between orient culture and western culture. Just as premier Mahadier said in the 7th International Tea Culture Festival hold in Kuala Lumpur of Malaysia in 2002: “If there is something can promote the relationship between people, it must be tea. With strong perfume and deep artistic conception reflected, tea symbolized middlebrow and peace. In today’s world, with drastic conflict of different cultures, people need intercommunication and dialogue, tea is the best medium for these.”

5. 茶与未来



今天，我们再倡茶为国饮，不仅因为茶的内在价值吻合了新世纪人类发展的内在需求，而且更是代表着未来。我们倡导茶为国饮，并不排斥其他有益的饮料，也不是为“文化遗产”贴上标签，而是要与倡导新生活、新价值观联系起来。要进一步加大宣传力度，真正把饮茶确立为一种全民的健康生活方式，要深入发掘茶的内在思想精神和文化价值，弘扬茶德，弘扬民族文化；要倡导以茶为礼，以茶会友，推进和谐社会的建设；要充分发挥茶及茶文化作为“亲善”使者的作用，促进东西方文化的交流；要让茶的开发与新科技、新产业、新消费方式有机结合，树立品牌，不断创新，使茶在新世纪焕发出新的旺盛生命力。

5. Calling for “tea as a national drink”, we need recognize the connotation and value of tea with new angle of view, so as to connect the tradition and future.

Today, we call for “tea as a national drink”, not only for that the value of tea meets the need of mankind development in the new century, but also for that tea represents the future. Calling for “tea as a national drink”, it does not mean we exclude other helpful beverage. Our purpose is to encourage the new lifestyle and new axiology. Further intensify propagandizing, let tea drinking become a national healthy life style, disinter the cultural value and spirit value of tea, carry forward tea virtue and national culture. We encourage tea gift, encourage confrere with tea, and promote the construction of harmonious society. Enhance the amicability effect of tea, promote the intercommunication of oriental culture and west culture. We want the development of tea business combines to new science and technology, new industries and new consumption mode, to coruscate the bloom vigor of tea in the new century.

目录 Contents

倡导“茶为国饮”（代前言） / 刘 枫

5

Preface: “Tea as a national drink” / Liu Feng

1. 茶与民生

Tea and People's Livelihood

2. 茶与文明

Tea and Culture

3. 茶与和谐

Tea and Harmony

4. 茶与世界

Tea and World

5. 茶与未来

Tea and Future



中华茶文化，上下五千年

1

Chinese Tea Culture, 5000 Years Long History



1. 陆羽说茶史 2

Tea history recorded by Lu Yu

2. 中国西南部是茶叶的原产地 8

South-western China is the cradle land of tea plant

3. 巴蜀是茶文化的摇篮 19

Area around Sichuan and Chongqing is the cradle land of tea culture

4. 茶文化萌芽于六朝 30

Tea culture began in the Six Dynasties

5. 唐代茶文化的兴起 38

The spring up of tea culture in Tang Dynasty

6. 宋元茶文化的盛行 52
Prevailing of tea culture in Song & Yuan Dynasties
7. 明清茶文化的继续发展 63
The further development of tea culture in Ming & Qing Dynasties
8. 走过曲折历程的近代茶文化 78
Tea culture in modern time went through flection
9. 当代茶文化的振兴 83
Invigoration of tea culture in modern time

六大茶类，各具特色

91

Six Tea Kinds with Characters Respectively

1. 历代茶类演变 92
Evolvement of tea kinds in history
2. 现代茶类划分 106
The modern partition of tea kinds
3. 基本茶类制造 113
Process of the basic tea kinds
4. 茶类品质特征 124
Quality character of each tea kind



科学饮茶，健康身心

135

Drinking Tea Scientifically for Physical Health and Mental Health

1. 饮茶的起源 136
Origin of tea drinking
2. 茶的保健成分 147
Health protection compositions of tea
3. 饮茶与健康 157
Tea drinking and health
4. 科学饮茶 166
Tea drinking in scientific way



以茶育德，壶中乾坤

173

Raise Moral Level through Tea Drinking

1. 茶与茶道、茶德 174
Tea and tea ceremony, tea morals
2. 茶与神话传说 182
Tea with mythos and stories
3. 茶与宗教 186
Tea and religion



品茶技艺，妙不可言

211

Wonderful Tea-tasting Skill

1. 名山名刹出名茶 212
Famous teas produced by famous fane in famous mountain
2. 精茗蕴香需借水 228
Excellent aroma of famous tea brewed by good water
3. 美伦茶器方益彰 236
Tea quality enhanced by beautiful tea-set
4. 品茗还须选幽境 254
Beautiful environment for tea tasting



民风民俗，情趣盎然

265

Very Interesting Folk Tea Custom

1. 茶与婚姻 266
Tea and marriage
2. 茶与祭祀 271
Tea and fete
3. 茶与丧葬 275
Tea and funeral custom
4. 茶与民族 281
Tea and nationalities

